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WOMEN URGED TO GET FREE MAMMOGRAMS
{page 18}

SNOW JOB
GAGA FURIOUS OVER WEATHER
DISH {page 16}

EDMONTON metro®
Tuesday, December 21, 2010
www.metronews.ca
News worth sharing.

HEATHER MCINTYRE/METRO

▶ Investigators are trying to piece together the events surrounding the grisly discovery of the bodies of two children in a northeast Edmonton home.

Child slayings probed

A 31-year-old man is in custody following treatment for injuries Identities, pending charges won't be released until after autopsies on two children are done

Edmonton homicide detectives are still trying to piece together the events surrounding the killing of two children at a northeast townhouse Sunday.

Police received a call for a welfare check at a residence near 119 Avenue and Abbottsfield Road (34 Street) just before midnight, when they discovered the youngsters.

Children and Youth Services Minister Yvonne Fritz confirmed the family had been "involved" with her staff, but that the children resided with their mother and not in foster care.

"We provided support and services to the family based on what their needs were. The children were residing with their mother. Any instance of family violence is a tragic situation," said Fritz.

Meanwhile, NDP Children and Youth Services critic Rachel Notley is calling for an investigation — nearly two years after first calling for a public inquiry into child-protective services.

"I feel terribly for the relatives and friends of these two young children," Notley said in a release. "The government owes them a detailed public investigation."

Another neighbour, Mark Sanders, who received a knock on his door from police around 1:30 a.m., said he didn't know the people who lived in the home and that they hadn't been living there for very long.

HEATHER MCINTYRE

'Traumatic'

Police spokesperson Clair Seyler said an event this horrific is felt through the entire Edmonton Police Service:

▶ "We'll probably be putting out some kind of message to our entire staff reminding them about the assistance they can get through the Edmonton Police Service and the City of Edmonton when dealing with something as traumatic as this."

for violations

Officers dumped off intoxicated people in parking lot {page 3}

CPP changes will have to wait

Provinces agree on framework for pooled pensions {page 8}

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On the web at metronews.ca

Mike Benhaim gets into the list season spirit with his favourite new artists of 2010. More at metronews.ca/backbeat

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Greenpeace activists plead guilty

A dozen Greenpeace activists who chained themselves to the smokestacks at a Shell Canada upgrader near Edmonton have pleaded guilty to mischief and property charges.

They have been ordered to pay fines and surcharges totalling $2,300 each and must also forfeit about $9,000 in climbing gear.

The Crown withdrew break-and-enter charges.

The protest at the Scotford upgrader expansion site in Fort Saskatchewan was part of a Greenpeace campaign last fall. The group said at the time it wanted to publicize Alberta's "toxic industries" in the run-up to climate talks last December in Copenhagen.

THE CANADIAN PRESS

Province to broaden oilsands oversight

Alberta's environment minister says he's turning to a group of independent experts to tell him how to improve the way the province monitors the oilsands.

The day before a federal panel was expected to release its opinion of the job Alberta's doing, Rob Renner announced he'll appoint a panel to provide a plan on how to set up, operate and govern a "world-class environmental monitoring, evaluation and reporting system."

Renner said yesterday that the panel will be named next month. It will include representatives from a broad range of professions including scientists, academics, health professionals and economists.

THE CANADIAN PRESS

HEATHER MCINTYRE/METRO

▶ Les Umpherville is checked out by Natalie Choo at Boyle Street Community Services yesterday.

Street cred for med students

- U of A curriculum offers new two- to four-week elective course
- Medical residents will work with mentors, learn about inner-city services

HEATHER MCINTYRE
@METRONEWS.CA

Kathryn Dong has seen a fair number of inner-city patients in the emergency ward at the Royal Alexandra Hospital.

Because of that, the emergency physician and assistant professor at the University of Alberta took action to create a better understanding of a population that she said is typically underserviced.

"We want to address some of the underlying issues," said Dong. "Like mental health, drugs, the ability to be compliant."

Learning about the resources already available to a vulnerable patient group, while developing a shared medical plan that sees the doctor and patient work together to ensure results, are main the goals of the program.

"People only end up in the hospital when they're really, really, really sick," said second-year medical resident Natalie Choo. "And (the inner-city people's) lifestyle is such that it involves high-risk factors that we need to look at."

Denis Meier, manager of the Herb Jamieson Centre, said his clients being seen out of an emergency-room context will be beneficial.

"The issues are probably very much the same," he said. "(They're) just more extreme because they don't have the easy access to medical services."

Inner-city practice

By spring, five students will have enrolled in the program.

Participating inner-city locations include Streetworks, Hope Mission/Herb Jamieson, Community Mental Health, George Spady Centre, SHINE clinic, Addiction and Mental Health and the Boyle McCauley Health Centre.

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Cops suspended for detaining, dumping drunken homeless people

A third officer had been charged, but it was determined he did not have a role in how the group of 9 was treated

Two Edmonton police officers who detained nine drunken homeless people in a sweltering paddy wagon before dumping them in a distant parking lot have been suspended.

In delivering the sanctions yesterday, Insp. Paul Manuel said the message must go out that officers can't cavalierly violate people's rights.

"Abuse of these powers invites loss of public trust," Manuel told constables Patrick Hannas and Lael Sauter at a disciplinary hearing.

Manuel also said that the matter was made worse because the nine were jammed into the back of a police van meant for six. They were there for between a half-hour and 90 minutes on an unusually warm spring day as police went up and down the avenue picking up other intoxicated people.

The officers didn't keep notes of their movements that day, for which they were also sanctioned.

Hannas was suspended without pay for 50 hours and ordered to forfeit 35 hours in overtime pay for three violations of the Police Act on May 20, 2005.

Sauter, his partner, was suspended for 40 hours without pay and must give back 25 hours in overtime pay.

Hannas was given the heftier penalty because, said Manuel, he was the senior officer and also had prior black marks on his record.

Manuel, who is with the Calgary police, urged that the forfeited pay be donated to a homeless shelter.

The two officers declined comment outside the hearing, but the president of the police union said they have already paid a heavy price in public condemnation.

Sgt. Tony Simioni of the Edmonton Police Association said the two, who now work as school-resource officers, have been taunted and demeaned and had their personal property vandalized. THE CANADIAN PRESS

No racism found

- The case made headlines and sparked initial accusations of racism, since the homeless people involved were aboriginal, but Insp. Paul Manuel said he didn't find any evidence of that. Both officers had laudable records of community service, he added.

CHARITY

Sally Ann donations fall short in cities

With Christmas just days away, the Salvation Army is well short of its donation targets in Alberta's two biggest centres, according to a representative with the organization.

"We had a really tough time getting volunteers early on in the campaign," Pam Goodyear said. "Kettles have not been out in all locations throughout the campaign."

Provincewide the donations are on par, except in Calgary and Edmonton, said Goodyear.

Donations will be taken right up until Christmas.

Those wishing to donate can look for one of the Salvation Army's trademark red kettles or head online to ab.salvationarmy.ca. JEREMY NOLAIS

Province may miss budget goal: Stelmach

Premier Ed Stelmach says his government may not meet its goal of a balanced budget by the 2012-13 fiscal year.

In a year-end interview, the premier said forecasts are trending toward a balanced budget by 2013, with the figure pegged somewhere between a $200-million surplus or $200-million deficit.

He says the deficit may come from capital spending. THE CANADIAN PRESS

Man sought by RCMP on drug, DUI charges

RCMP in Alberta and Saskatchewan are searching for a man wanted by the Lloydminster police.

Harry Dillon Jr., 28, is being sought in connection with charges for failing to appear, driving while impaired and trafficking in a controlled substance.

Anyone with information is asked to call 306-825-6350 or Crime Stoppers at 1-800-222-8477. METRO

Police on hunt for pipeline site vandals

Police are looking for the vandals who used excavation equipment at a pipeline construction site near Edson to run over exposed pipes and then run equipment into trees and stumps.

Damage is estimated at $30,000.

Anyone with information is asked to call Edson RCMP at 780-723-8822 or Crime Stoppers at 1-800-222-8477. METRO

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Anti-terrorism sweep nets 12 men in Britain

Pre-dawn raid was a joint operation by spy agency MI5 and police Bust is biggest since April 2009

In the biggest anti-terrorist sweep in Britain in nearly two years, police have arrested a dozen men accused of plotting a large-scale terror attack on targets inside the United Kingdom.

The suspects, who ranged in age from 17 to 28, had been under surveillance for weeks and were believed to have links to Pakistan and Bangladesh, security officials said.

The arrests come amid growing concerns in Europe over terrorism following a suicide bombing in Sweden and reported threats of a terror attack on a European city modelled on the deadly shooting spree in Mumbai, India.

Police swooped in before dawn yesterday in coordinated raids on houses in four cities.

Counterterrorism officials declined to give more details of the latest alleged plot. No details were given as to whether explosives or arms were found, and searches were under way in the homes where the arrests took place.

The arrests were not believed to be part of any planned holiday season attack, said a British security official.

In 2006, U.S. and British intelligence officials thwarted one of the largest plots yet, a plan to explode nearly a dozen trans-Atlantic airliners.

THE ASSOCIATED PRESS

The plot

- Some of the details of a Mumbai-style plot directed at Britain, France or Germany came from Ahmed Siddiqui, a German citizen of Afghan descent who was captured by U.S. troops in Afghanistan in July.
- More than 170 people were killed in the 2008 terror attack in the Indian city of Mumbai.

Sailing. Court

▶ Turkey's president Abdullah Gul, left, and his counterpart Gurbanguly Berdymukhamedov of Turkmenistan on the MV Savarona yacht in August 2009.

MURAT CETINMUHURDAR/THE ASSOCIATED PRESS

Yacht at heart of trial

Prosecutors claim the MV Savarona yacht played host to sex parties for an international prostitution ring. The alleged ringleaders went on trial yesterday.

Pipeline approval good news to Yukon

Approval of the Mackenzie Gas Project by the Natinal Energy Board is being welcomed by the government in Yukon, which says if the $16.2-billion project goes ahead, it would provide jobs and a portal to ship Yukon gas to market.

Six trillion cubic feet of natural gas locked in the Eagle Plains' basin could find its way to southern markets via a pipeline built alongside the Dempster Highway.

The energy board's decision on the Mackenzie gas project requires federal cabinet's approval.

THE CANADIAN PRESS

3

While construction of the 1,200-kilometre pipeline would be several years away, the board gave Imperial Oil Ltd. three years to make a decision.

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ALESSANDRA TARANTINO/GETTY IMAGES

▶ Pope Benedict XVI delivers a Christmas greeting at the Vatican on Dec. 20.

Pope blames society for abuse of kids

Catholic leader says sex scandals humiliated the church Calls for more help for victims

Pope Benedict XVI told Vatican officials yesterday that they must reflect on the church's culpability in its child sex-abuse scandal, but he also blamed a secular society in which he said the mistreatment of children was frighteningly common.

In his traditional, end-of-the-year speech to Vatican cardinals and bishops, Benedict said revelations of abuse in 2010 reached "an unimaginable dimension" that required the church to accept the "humiliation" as a call for renewal.

"We must ask ourselves what was wrong in our proclamation, in our whole way of living the Christian life, to allow such a thing to happen," the Pope said.

Benedict also said, however, that the scandal must be seen in a broader social context, in which child pornography is seemingly considered normal by society and sexual tourism is on the rise.

"The psychological destruction of children is a terrifying sign of the times," Benedict said.

The traditional Christmas speech to Vatican cardinals and bishops is an eagerly anticipated address that Benedict uses to focus the church hierarchy on key issues.

THE ASSOCIATED PRESS

Scandal

▶ **Victims** The sex-abuse scandal erupted on a global scale this year with revelations of thousands of victims in Europe and beyond, of bishops who covered up for pedophile priests and of Vatican officials who turned a blind eye to the crimes.

U.S. JUSTICE

Teacher sentenced in sex case

A man who taught English in Cambodia was sentenced yesterday to nearly nine years in federal prison for travelling abroad to have sex with a 14-year-old girl, in what a judge called one of the most disgusting cases that has come before him.

Michael Dodd, 61, pleaded guilty under a plea agreement in September to travelling to Cambodia to engage in sex with a minor.

Dodd was convicted in a Cambodian court of sexually abusing the girl, and was sentenced to 10 years in prison, but served 16 months, authorities said. He was extradited to the U.S. in February, where he was prosecuted under a federal law that outlaws child sex tourism even if the crimes were committed in other nations.

Dodd claims he had plans to marry the 14-year-old.

THE ASSOCIATED PRESS

NDP wants all Douglas files out

Saskatchewan New Democrats are concerned that Ottawa may not release all of the decades-old intelligence on socialist icon Tommy Douglas.

Only 456 heavily censored pages from the 1,142-page dossier have been made public.

The federal government is now promising to release more material by March 31.

THE CANADIAN PRESS

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Troops mark last Christmas in Kandahar

On Dec. 25, VIPs will most likely serve up Christmas dinner for Canadian soldiers

The weather outside is always frightful, and when you're under fire, it's never delightful.

And what Canadian soldiers wouldn't give to let it snow, to brighten the drab, winter-scorched farmland of western Panjwaii.

Peace on Earth seems far away this season, almost as distant as when troops celebrated their first Christmas amid the ruins here almost seven years ago.

Dec. 25 is expected to come and go with the grind of army orders and routine of patrols. But there is some holiday cheer; decorations here and there around Kandahar Airfield. Soldiers have started to receive packages, little comforts such as blankets, gloves and nicknacks, dutifully mailed by relatives.

And a spartan combat outpost in Fathullah has a full-sized artificial tree that was shipped over by a soldier's wife. THE CANADIAN PRESS

"Some guys will likely cry on the 25th because they don't have their kids here."
MASTER CPL. STEPHANE GELINAS

MURRAY BREWSTER/THE CANADIAN PRESS

▶ Master Cpl. Stephane Gelinas decorates a tree at a combat outpost in the Panjwaii district.

INSURANCE FRAUD

Top bogus claims of the year

Manitoba's auto insurer has released the biggest claims frauds of 2010.

Manitoba Public Insurance says at the top of the list is a man who denied crashing his car. He told claims investigators it was stolen, but DNA from blood on the steering wheel proved he was involved. In second place is a man who came forward after four years to admit he deliberately burned a vehicle that belonged to his one-time fiancée.

Another man reported his vehicle had been struck in a parking lot, but an investigation found he simply ran into a snowbank and sign.

MPI's special investigations unit has recovered fraudulent claims worth more than $50 million in the last five years.
THE CANADIAN PRESS

AIR TRAVEL

Piercings set off airport alarms

Body piercings are setting off alarms for security screeners at a B.C. airport.

Kamloops Airport manager Fred Legace says passengers going through airport security during the busy Christmas season should carry as little metal as possible — and that includes removing body piercings.

Legace says anything that adds to the metal content will likely make a person subject to secondary screening, so passengers might want to remove hidden piercings. He says the issue has come up recently at several airports where the metal detectors go off in an "unusual location" and screeners have to investigate further.

Legace reminds passengers that all Christmas presents should remain unwrapped to be screened and toy guns should all go to the checked baggage.
THE CANADIAN PRESS

Family of face donor, recipient meet for first time

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BEN STANSALL/GETTY IMAGES

▶ Passengers queue beside rows of luggage in Heathrow airport's Terminal 3 yesterday.

Heathrow faces Christmas with the cranks

Failure to clear snow, ice turns travel into bitter chaos
Gatwick cancels outbound flights until at least today

The Christmas travel season turned angry and chaotic yesterday as British officials struggled to clear snow and ice that paralyzed rail and air links and spawned cancellations and delays stranding thousands around the world.

More than 48 hours after Britain's last snowfall, some furious passengers with boarding passes for Monday flights were not even allowed into London's Heathrow Airport. Inside, piles of garbage grew and some people slept on terminal floors. Other travellers waited in the cold for up to six hours to get inside London's St. Pancras train station, where they had to wait more for Eurostar trains to mainland Europe.

"It can't be beyond the wit of man surely to find the shovels, the diggers, the snowplows or whatever it takes to clear the snow out from under the planes."
LONDON MAYOR BORIS JOHNSON

Chagrined British officials promised an inquiry into the failure to clear the remnants of a storm that dumped 12 centimetres over parts of England Saturday morning. Other European airports rebounded from weekend snowfall and resumed close to normal flight schedules by yesterday.

Heathrow operator BAA offered little hope of relief from travel purgatory, saying a maximum one-third of scheduled flights would be allowed to take off and land at Heathrow until at least tomorrow morning. The British government approved night-flight operations at Heathrow in an effort to remove the backlog, but officials warned it may take until after Christmas to do so — and longer if more snow falls.

THE ASSOCIATED PRESS

COCAINE SMUGGLING

Flight attendant jailed

An Air Canada flight attendant who was found guilty of smuggling cocaine into Britain has been sentenced to eight years in prison.

British media reports say Mandeep Shahi, 27, was accused of smuggling four kilograms of cocaine in her luggage during a flight from Toronto to London.

After landing at Heathrow Airport in March 2010, the woman from Mississauga, Ont., delivered the cocaine to a pair of drug dealers, who were under police surveillance.

Shahi was arrested five months later on her return to Britain, after police identified her using security camera footage.

Three other men involved in the smuggling were also arrested and have been sentenced to a total of 24 years.

The reports say Shahi told police she had no idea there was cocaine in her luggage, but a jury at Southwark Crown Court found her guilty of possession of drugs with intent to supply.

The judge said the group targeted Air Canada because of a perceived lack of security checks and the belief it operates in a country not known for drug smuggling.

THE CANADIAN PRESS

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Sears

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Provinces agree on pooled pensions

But Finance Ministers want Canada Pension Plan improvements ◗ CPP talks on hold for now: Flaherty

Federal Finance Minister Jim Flaherty says the provinces have agreed on a framework for pooled pensions, but talks on whether to revamp the Canada Pension Plan will have to continue.

Flaherty had gone into a meeting of his provincial and territorial counterparts yesterday floating an idea for a new private-sector plan with pooled resources from small firms, employees and the self-employed.

Afterwards, Flaherty said finance officials will talk with employees, employers and financial institutions in the next month to make sure the plan meets their needs.

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Jim Flaherty

Finance ministers from six provinces had said they were not necessarily opposed to the pooled pension idea, but they also said CPP improvements were necessary to ensure Canadians have adequate income in their retirement.

Flaherty said that discussion will continue around the middle of next year. Ontario Finance Minister Dwight Duncan said he was glad the CPP discussion would be on the table at the next finance ministers meeting in June.

"What we've always said is we are prepared federally to work on improvements to the Canada Pension Plan as part of our review process, but not implementing anything right now," Flaherty had said before going into the meeting in Kananaskis, Alta.

Alberta Finance Minister Ted Morton threw cold water on the notion that CPP changes would get much support from his province.

"It's hard to imagine much interest in pursuing that in Alberta," he said as he left the meeting.

THE CANADIAN PRESS

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Sunny. Surprise

▶ Santa Claus makes the rounds yesterday on the beach in Fort Lauderdale, Fla.

WALTER MICHOT/THE ASSOCIATED PRESS

Hot day for a Santa suit

Vacationing from Canada, Audrey Pilon and Jennafer Sikorski receive candy canes from Santa and his elves in sunny Fort Lauderdale, Fla., yesterday.

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Mayor Stephen Mandel and **Adaku Uju-Anunobi** (C.E.O Biz-IT Consult Inc & AfriCynel Organization) at the Afro Trade Show Event hosted by the Edmonton Chamber of Commerce, where she was nominated for African Entrepreneur of the Year award on Saturday December 11, 2010.

Facebook CEO networking on China trip?

China censors Internet content it deems politically sensitive and blocks many sites, including Facebook

JUSTIN SULLIVAN/GETTY IMAGES

▶ Mark Zuckerberg

Facebook CEO Mark Zuckerberg toured the offices of China's top search engine yesterday during a visit that has sparked speculation the social networking magnate is looking for business opportunities in the world's largest Internet market.

Facebook is blocked on the mainland, but Zuckerberg has expressed a business interest in China and has studied Mandarin.

Photos of Zuckerberg's visit to Baidu Inc. were quickly posted online.

Kaiser Kuo, Baidu's director of international communications, told The Associated Press that Zuckerberg had lunch with Baidu CEO Robin Li. He said he didn't know what they talked about but added that the two had met before.

Zuckerberg, who co-founded Facebook, is travelling with his girlfriend, Priscilla Chan, and no apparent entourage.

"Mark has had a long personal interest in China," Kuo said.

But Zuckerberg has also hinted that he's interested in more than that, saying during a speaking engagement in October, "How can you connect the whole world if you leave out 1.6 billion people?"

Kuo tried to tamp down such speculation, though, posting on his Twitter account: "C'mon people. Robin and Mark have known each other for a while. Mark's interest in China is well known. Keep the speculation in check."

Not many in China are familiar with Facebook, but Zuckerberg is known for being Time magazine's 2010 Person of the Year, according to Kuo.

Aside from a visit yesterday morning to a Tibetan temple in Beijing, the rest of Zuckerberg's schedule in China is not known.

China censors Internet content it deems politically sensitive and blocks many websites, including Facebook, Twitter and YouTube.

THE ASSOCIATED PRESS

Auto. Motives

▶ This image shows a scene from the Toyota 2011 Highlander "Kid Cave" commercial.

TOYOTA/THE ASSOCIATED PRESS

Toyota uses kids to get to parents

Toyota is using the concept of kids' embarrassment over parental behaviour to sell Highlander SUVs. One ad shows a kid in a nondescript sedan mouthing "Help me!" as his parents croon, "Just call me angel of the morning!" to the radio. In an adjacent lane, a boy in a Highlander, watching a video on a backseat entertainment system, comments, "Just because you're a parent, doesn't mean you have to be lame."

Talisman gets boost from sale of shale

A deal by Talisman Energy Inc. to sell a 50 per cent stake in a shale gas project in northeastern B.C. to South African company Sasol for $1.05 billion helped boost its shares to their highest level in more than two years. THE CANADIAN PRESS

Bell to pay $1.3M for Do Not Call violation

The CRTC has hit Bell Canada with a $1.3-million penalty for violating federal Do Not Call rules.

The telecommunications regulator found that independent telemarketers hired by Bell made unsolicited calls to sell services. THE CANADIAN PRESS

Market moment

TSX	Dollar
– 8.18 (13,193.28)	– 0.35¢ ($8.39¢ US)

Oil	Natural gas 1,000 cu ft
+ 79¢ US ($88.81 US)	$4.129 (+ 17.1¢)

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Ecuador 9.9 ¢	Lebanon 9.9 ¢	Trinidad 4.9 ¢
El Salvador 9.9 ¢	Libya 24.9 ¢	U.A.E. 14.9 ¢
Guyana 24.9 ¢	Nepal 7.9 ¢	Vietnam 4.9 ¢
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ENCYCLOPEDIA OF SIGNATURE DRINKS

She says ...

JESSICA NAPIER

'Tis the season to get a bit festive, and if your family is anything like mine, "festive" means, well ... drunk.

What can I say; we all get a little too merry around the holidays. With so many libations to overindulge in, it's good to remind yourself what your cocktail of choice says about your personality. After all, you are what you drink.

Wine: You're mature and sophisticated, or at least you want people to think you are. You carry on pseudo-intellectual conversations and roll your eyes at people who mispronounce Gewürztraminer.

Domestic beer: You're a Canadian.

Imported beer: You're a Canadian who went to Europe for a couple of weeks.

Cosmopolitan: You think your drink is super cute and it totally matches your shoes and, oh my God, you're such a Carrie, no wait — you're totally a Samantha.

Red Bull and vodka: You are three months away from a full-blown cocaine addiction — or a heart attack.

Screwdriver: This is your first time at a bar and you saw someone on TV order this drink once.

Whisky: You're sporting a non-ironic moustache and own a diverse collection of sweater vests.

Shots: The drink of choice of the young, single and desperate to get laid.

Malt liquor: You drive a pick-up truck and have no taste buds.

Martini: You're a relatively experienced drinker that doesn't mind sitting alone at the bar because your Bluetooth headset makes you feel important. On the other hand, you might be James Bond.

Pimms: You enjoy polo shirts, tennis and speaking in a fake British accent.

Caesar: You haven't stopped drinking since the night before and are wondering why on Earth those lights are so f--ing bright.

Rum: Ahoy there!

Jägermeister: You are younger than 22 and intend on making some terrible life decisions before the end of the night.

Champagne: Two words, high maintenance.

Hard lemonade: Your older brother just bought you and your friends a four-pack of fluorescent-coloured alcho-pops that you think are just so badass. Don't worry; your high school party will have plenty of bushes for you to puke in.

Sherry: Ah, Frasier Crane — how nice of you to join us.

Piña colada: You'd rather be at the beach or gettin' caught in the rain.

A bottle of premium liquor: You routinely spend half of your paycheque on bottle service at pretentious nightclubs in the hopes of luring drunken party-goers into your booth.

Tequila: TEQUILA!

Read more of Jessica Napier's columns at metronews.ca/shesays

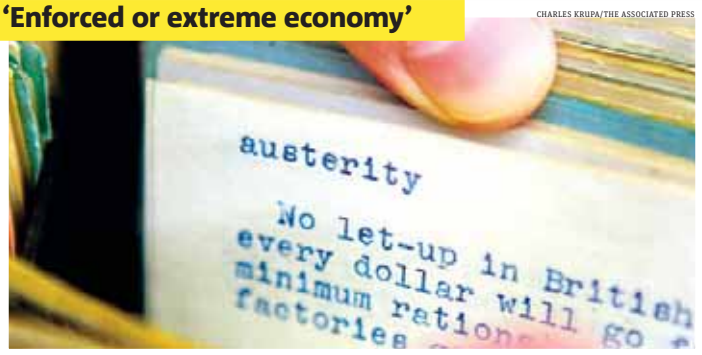
Cartoon

MICHAEL DE ADDER

Worth mentioning

'Enforced or extreme economy'

CHARLES KRUPA/THE ASSOCIATED PRESS



As Greece faced a debt crisis, the government passed a series of strict austerity measures, including tax hikes and public-sector pay cuts.

The move provoked a rush to online dictionaries from those searching for a definition.

Austerity, the 14th-century noun defined as "the quality or state of being austere" and "enforced or extreme economy," set off enough searches that Merriam-Webster named it as its Word Of The Year for 2010, the dictionary's editors announced yesterday.

John Morse, president and publisher of the Springfield, Mass.-based dictionary, said "austerity" saw more than 250,000 searches on the dictionary's free online tool and came with more coverage of the debt crisis.

Runners-up announced yesterday included "pragmatic," "moratorium," "socialism," and "bigot" — the last word resulted from public uses by former British prime minister Gordon Brown, former CNN host Rick Sanchez and former NPR senior analyst Juan Williams.

Also making the top-10 list was the word "doppelganger," while others on this year's list included "shellacking," "ebullient," "dissident," and "furtive."

THE ASSOCIATED PRESS

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Metro Minute with winter solstice

The 24th annual winter solstice put on by Westwood Unitarian Congregation will be held tonight at city hall at 7:30. The free program, which first ran as a modest service in 1987, has become a winter staple for many Edmontonians with story, song and music by harpist Gordon Richie. In 2003, the celebration grew to three services. More space was needed and, in 2008, the event was held at city hall, attracting more than 350 people. From ancient times, people have celebrated winter solstice, hoping to entice the sun to return. This celebration, Sharing The Light, celebrates the turning of the season's wheel, honouring the place of darkness and the return of longer days.

HEATHER MCINTYRE

▶ Westwood Unitarian Congregation will host its annual winter solstice event tonight at city hall.

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9914 103rd St.

Leduc
112 - 5906 50th St.
5205 50th Ave.

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Sherwood Park Mall
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Spruce Grove
Westland Market Mall
30 - 96 Campsite Rd.

St. Albert
St. Albert Centre
30 - 200 St. Albert Rd.
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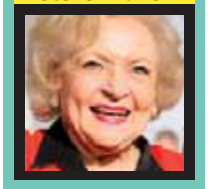
2 scene

Scene in brief



What Betty White did in 2010 doesn't usually happen. An 88-year-old actress with more than six decades in Hollywood suddenly became the object of adulation of the masses, which campaigned for her to host Saturday Night Live, boosting the show's ratings and helping her set ratings records for her own show.

After a year remarkable for a star of any age, White has been voted the Entertainer of the Year by members of The Associated Press. "It's ridiculous," White says of the honour, in an interview. "They haven't caught on to me, and I hope they never do."

There were 102 ballots submitted from U.S. news organizations that make up the AP's membership. Voters were asked to cast their ballots for who had the most influence on the entertainment world and culture in 2010. Previous winners include Taylor Swift, Tina Fey and Stephen Colbert.

THE ASSOCIATED PRESS

Teen star Hailee Steinfeld shows new 'Grit' in debut role with Coens, Bridges, Damon. Learn how to scan on page 3.

Coens on True Grit: 'It's not a western'

Joel and Ethan Coen subvert expectations again with their latest ◗ But the directorial duo insist the western isn't like most westerns ◗ How could it be, coming from them?

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

GETTY IMAGES

▶ Director Ethan Coen, actor Jeff Bridges and director Joel Coen attend the premiere of True Grit in New York City.

In discussing their new film, True Grit, Joel and Ethan Coen are clear about one thing: They have zero interest in talking about the 1969 John Wayne film that was also based on Charles Portis' novel, about a tough 14-year-old girl who enlists a grizzled U.S. marshal and a Texas ranger to track down her father's killer.

"I don't think any of us thought about much of anything in this with reference to the first movie," Ethan says. "We had seen the movie when it came out, but we were kids then."

Instead, the brothers looked to Portis' 1968 book, which focused more on young Mattie Ross (played by newcomer Hailee Steinfeld) than the first film adaptation.

And while the Coen brothers' eclectic career has covered a slew of genres, they've never done a traditional western before — and they'd argue that they still haven't.

"I don't think we thought about it as a genre movie so much," Ethan says. "It is a western inarguably — you know, there are guys with six-guns on horses. But it's not a western in that sense, and really we were thinking about the story, we were thinking about the novel more than doing a western, per se."

To find the right teenager to go toe-to-toe with Jeff Bridges' marshal and Matt Damon's ranger, they set out on a nationwide search — not that they really needed to.

"If we'd only known. Hailee's from Thousand Oaks," Ethan says with a laugh. "We looked all over the country. There were two casting people that spent basically 18 months going everywhere, just everywhere, seeing thousands of girls — and they could have stayed in L.A."

According to the Coens, what made Steinfeld stand out was her ability to wrap her mouth around the script's peculiar dialogue.

"Ninety-nine-point-nine percent of the hundreds or thousands of girls who read for this part washed out at the level of not being able to do the language, and that was something which was never an issue with Hailee," Joel says.

"Right from the beginning it was clear that she was completely comfortable with the language."

Though a distinct dialogue style might seem like a hallmark of the Coen brothers, much of the flowery lines of True Grit actually came from the source material.

"The kind of formality of it and the floweriness of it is just from the book," says Ethan. "That was the first thing Jeff mentioned, noticed and liked — the kind of foreign-sounding nature of the dialogue and the lack of contractions. We just lifted it from the book."

The Coen brothers, on location

There was one area where the Coen brothers didn't stay faithful to Charles Portis' novel. While the action in True Grit takes place in Arkansas and Oklahoma, the brothers filmed in New Mexico — partly for the weather and partly because of audience expectations, they admit.

"That's one thing that's not faithful to the novel," Ethan says. "I mean, the landscape is a total cheat. But you know, we kind of thought people will think it's a western, and some things you just can't mess with. People want that."

Joel agrees: "The whole pictorial idea of the movie would have been much different in a place like Arkansas," he says.

And there was the weather to consider. "We knew we wanted to have snow in the movie," Joel says.

"The trick was snow but not too much snow, and we weren't sure we were reliably going to get any snow at that time of year in Arkansas," Joel says.

▶ Shania Twain

Party for two: Twain engaged

Singer has new TV show, Why Not? With Shania Twain, in the works for Oprah Winfrey's OWN network ◗ Plans to release memoirs next year

Shania Twain has found love again. The Timmins, Ont., native is planning to marry Swiss businessman Frederic Thiebaud, according to US Weekly.

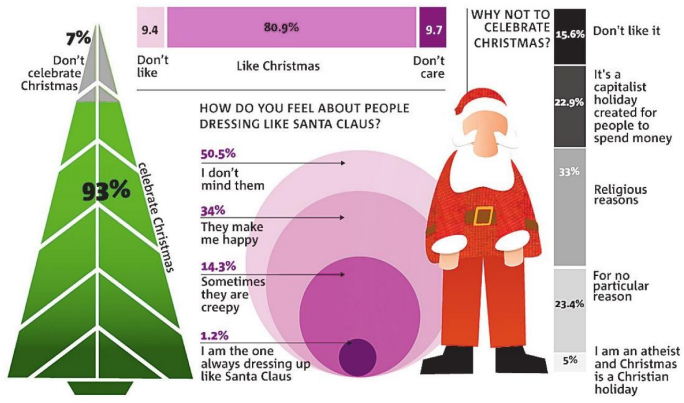
A Twain representative tells the magazine the 45-year-old country superstar became engaged about two months ago.

Thiebaud is the ex-husband of Twain's former friend Marie-Anne Thiebaud — the woman who allegedly came between Twain and her first husband, Robert (Mutt) Lange. Twain and Lange finalized their divorce earlier this year.

Twain wrote about Thiebaud on her website last August. "A dear friend and true gentleman by the name of Fred, has been the most constant companion of support for both Eja and me, and having gone through the suffering of his family splitting apart at the same time under the same extreme circumstances, he understood me better than anyone," she wrote. "We've become stronger and closer through it all, as have our children Eja and (Thiebaud's daughter) Johanna." THE CANADIAN PRESS

The 2010 Christmas reader poll results

We asked thousands of Metro readers how they felt about the holidays See who's been naughty or nice


7%
Don't celebrate Christmas
93%
celebrate Christmas
9.4
Don't like
80.9%
Like Christmas
9.7
Don't care
HOW DO YOU FEEL ABOUT PEOPLE DRESSING LIKE SANTA CLAUS?
50.5% I don't mind them
34% They make me happy
14.3% Sometimes they are creepy
1.2% I am the one always dressing up like Santa Claus
WHY NOT TO CELEBRATE CHRISTMAS?
15.6% Don't like it
22.9% It's a capitalist holiday created for people to spend money
33% Religious reasons
23.4% For no particular reason
5% I am an atheist and Christmas is a Christian holiday
START SHOPPING FOR CHRISTMAS GIFTS
Months ago
18.4% Summer
26.4% November
Early December
29.6%
I usually do most of my shopping on Christmas Day
19.1 At the last minute, usually
5.8%
HOW MUCH DO YOU SPEND ON YOUR FAVORITE PERSON THIS YEAR? (ESTIMATE IN US DOLLARS)
6.1 10
14.6% 20
28% 40
28.5% 100
10.3% 200
10.4% more than 200
2% nothing
NAUGHTY OR NICE?
Very naughty!
Very nice!
OVERALL, ARE YOU SPENDING LESS THIS YEAR BECAUSE OF THE FINANCIAL SITUATION?
Spend less
56%
20.4
23.5%
I do need to save money, but I'll spend a lot anyway
No, I don't think about money
THE BEST PART ABOUT THE HOLIDAYS
Family time 1903
Eating a lot 450
All the shopping 253
Wrapping gifts 390
Christmas carols 260
Going to church 192
Receiving gifts 625
Not working 692
Reflecting on the year 219
Traditions 1032
The kids' happiness 1023
Family feuds 24
Nothing, I don't think anything is good/bad about the holidays 63
THE WORST PART ABOUT THE HOLIDAYS
Family time 98
Eating a lot 900
All the shopping 1017
Wrapping gifts 319
Christmas carols 202
Going to church 284
Receiving gifts 32
Not working 52
Reflecting on the year 476
Traditions 150
The kids' happiness 25
Family feuds 1099
Nothing, I don't think anything is good/bad about the holidays 203
GRAPHIC: MIA KORAB
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Paris revs up motorcycling team

PAUL WHITE/THE ASSOCIATED PRESS

Paris Hilton will now be hanging with bikers.

The hotel chain heiress who draws photographers wherever she goes will have her own team on the world motorcycling championship circuit.

The SupermartXe VIP by Paris Hilton team was unveiled by her in Madrid. It will compete in the 125cc category from 2011 to 2013. Hilton has agreed to attend at least five races next season.

"I can't believe I have my own racing team! So cool! :)" Hilton posted on Twitter while at the launch.

Hilton wore a low-cut, pink and white, rhinestone-studded racing suit. Team riders Sergio Gadea and Maverick Vinales are expected to wear more reserved outfits.

The team colours are pink, white and blue.

THE ASSOCIATED PRESS

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Town brings the heat

The Town
Genre: Thriller
Director: Ben Affleck
Stars: Ben Affleck, Rebecca Hall and Jon Hamm
●●●●

No sophomore slump for Ben Affleck.

The actor turned director follows his acclaimed helming debut Gone Baby Gone with quality pulp about the Charlestown neighbourhood of his Boston hometown, where bank robbers thrive.

Affleck is Doug MacRay, leader of a brazen band of heisters who members include loose-cannon pal James (Jeremy Renner), a guy with both pluses and minuses.

They know how to knock off a bank, wearing Halloween masks for combo cover and shock value, but how do they storm the fortress of the heart? Doug gets distracted by the charms of Claire (Rebecca Hall), who begins as a hostage but becomes a very interested party.

Also hot in the hunt is FBI flatfoot Adam Frawley (Jon Hamm) who is tired of Charlestown's rep as America's favourite hold-up hood.

The Town is richly textured picture of strong characters and brisk action, the latter including what may be the year's best car chase.

Extras include director's commentary, extended cut, and a featurette called Ben's Boston, where Affleck reveals the reality behind his tale. ● PETER HOWELL

A blurry sequel

Wall Street: Money Never Sleeps
Genre: Drama
Director: Oliver Stone
Stars: Shia LaBeouf, Michael Douglas and Carey Mulligan
●●●

In this belated sequel to the epochal 1980s drama, greed is no longer good — and it's not much fun, either.

Oliver Stone's film is as firmly in tune with the headlines as his original Wall Street was 23 years ago. The first film examined the capitalistic excesses of the 1980s, where firms were smashed for sport as much as for profit. The sequel takes place during the global economic meltdown of the fall of 2008.

The difference between now and then is that Stone seems far less certain about what he wants to say, and he's a lot less amusing in how he says it. The clearly defined biblical contest of the first film has been replaced by a blurry battle of pygmies.

Michael Douglas' rapacious trader Gordon Gekko is back, emerging from eight years in prison for financial crimes committed in the first film. He's a lonely man, whose daughter Winnie (Carey Mulligan) refuses to see him, but he's not a broken one.

He's busily hustling his memoirs, and looking to score big dough again, thanks in part to the hustle of Shia LaBeouf's Jake Moore, a young corporate trader ripe for the taking. Problem: Jake is involved with Winnie.

LaBeouf is the movie's dramatic centre. At 24, he's one of America's best young actors, especially when he gets the right role, as he has here. The story often flags, but he never does.

Extras include a director's commentary, a conversation with Stone and his cast, plus featurettes about the real Wall Street.

● PETER HOWELL

THE BEST ALBUMS OF 2010

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Congrats, you made it through 2010. But while the year is over, many of the records that were released over the past 12 months will live on well into 2011 and beyond.

Without further adieu here are the best four discs of the year:

The Black Keys — Brothers

Am I the only one that can't stop playing this record? The Danger Mouse produced disc is full of bluesy beats and fuzzy indie-rock charm; opener Everlasting love, with its soulful downbeat is, hands down, one of the best songs of the year. Other standouts include the R&B-tinged The Only One and the Zeppelin-meets-White Stripes rocker Next Girl.

Arcade Fire — Suburbs

Montreal's Arcade Fire continues to astound critics and fans with another brilliant collection of moody rock 'n' roll. While the group has toned down some of their over-the-top instrumentation, they can still combine sounds better than most. There's a lot to like here, but the Neil Young-esque rocker Month of May is one of my favourites.

Yeasayer — Odd Blood

A lot of albums have come out since Yeasayer's disc was released in February, but this electro pop gem still stands up. Their second disc is incredibly infectious, while it's complex harmonies and layered instrumentations keep things interesting after multiple listens. The upbeat Ambling Alp is a brilliant 80s pop throwback.

MGMT — Congratulations

The reaction to MGMT's second record has been mixed, and it's easy to see why. The duo rose to fame on Oracular Spectacular's catchy radio-friendly pop, but they've pulled a 180 here, turning to more subdued, psychedelic sounds. However, it's still a fantastic rock record, showing a more mature band that's willing to take risks. Check out Someone's Missing, a richly layered Flaming Lips-ish number and you'll see what I mean.

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Julia is wearing new SuperStay™ 24 Lipcolour in Keep Up The Flame. ©2010 Maybelline Canada

Deschanel suing Madden

Zooey Deschanel isn't too happy with Steve Madden, as the actress is suing the shoe company for $2 million over a failed endorsement deal, according to TMZ. According to the suit, which was filed in L.A. late last week, Deschanel claims she held up her end of the deal — and even turned down other endorsement deals — while Steve Madden never held up its end of the bargain. METRO

Celebrity tweets

Neil Patrick Harris [@ActuallyNPH] My favorite holiday song: 12 Days of Christmas, by the Muppets. Why: Beaker singing 'Mee Mee Mee Mee Mee Mee!' slays me

Stephen Colbert [@StephenAtHome] I'm on break! And the fact that I'm tweeting about it may be the first sign of my Twitter addiction

Amy Winehouse [@amyjademermaid] can't find me bleedin notebooks — theyve done a runsies

Kelly Osbourne [@MissKellyO] Just got back from seeing Narnia why did prince Caspian go from being Spanish to English? METRO

Talking points

Neverland Ranch to become a school?

PERFORMING ARTS. The future of Michael Jackson's famed Neverland Ranch is still in question, but the company that owns it, Colony Capital, is reportedly turning it into a performing arts school named after the late singer, according to TMZ.

The company reportedly wants to model the school after New York's Juilliard.

"It's an interesting idea," a rep for Jackson's estate says. "And we'd be open to it." METRO

Gaga is 'furious and devastated'

Singer stopped by the snow in France

Lady Gaga isn't having the best time in France. The singer returned to Paris to perform make-up dates for October shows that had been cancelled, only to get stopped by the weather, according to Popeater. Because of snow, authorities wouldn't let her trucks into the city. Sunday night's show was rescheduled for tonight.

"All 28 of my trucks for the Monsterball were detained by the French government going on over 26 [hours]," Gaga posted to Twitter. "[Two] of my employees were arrested trying to get into Paris so we could perform. I am furious and devastated. It's unfair to my fans and to me." METRO

JEMAL COUNTESS/GETTY IMAGES

▶ Lady Gaga

THE ASSOCIATED PRESS

▶ Taylor Swift

Did Gwyneth Paltrow introduce Jake and Taylor?

Reports came out recently that Jake Gyllenhaal and new girlfriend Taylor Swift had been introduced during a dinner at Gwyneth Paltrow and Chris Martin's London home, but Paltrow is completely caught off-guard by the story.

"Where is this coming from?" she asks USA Today when asked if the stories are true.

"Well, I'm scared to say. It's so weird. I wonder how people find out these things. It was a while ago, so I don't know why it would come out today." METRO

Lutfi allegedly stalking Lindsay

Sam Lutfi has allegedly been stalking Lindsay Lohan, sending her menacing text messages as well as threatening her mom, Dina Lohan, through texts, according to TMZ. The situation has gotten so bad that Lohan's camp has even contacted the FBI to investigate.

Lutfi made the news for being involved with Britney Spears during her 2008 breakdown. METRO

CBC's Being Erica to try hand at being American

Being Erica is going to try its hand at being American.

ABC has bought the rights to the time-travelling CBC-TV series and plans to create its own version.

The Toronto-based Temple Street Productions says its co-presidents, Ivan Schneeberg and David Fortier, will executive produce. The duo are also working on a pilot script with Eastwick scribe Maggie Friedman.

The Canadian version stars Erin Karpluk as Erica Strange, a woman who travels through time to relive past regrets so she can resolve problems in her present. It's rare for a Canadian drama to be bought for a U.S. makeover and Temple Street's executives say they are flattered ABC has taken an interest in the show.

THE CANADIAN PRESS

CHRIS JACKSON/GETTY IMAGES

▶ Jermaine Jackson

Theft from Jackson causes investigation

Sheriff's detectives say they are investigating the reported theft of $192,000 in jewelry and luggage from Jermaine Jackson.

Michael Jackson's older brother reported the theft of watches, rings and other jewelry after returning to Southern California from a vacation in mid-September.

Detectives say there are no suspects and no clear leads.

Authorities say Jackson and his wife noticed the items were missing on Sept. 18 and realized that one of the doors of their Calabasas home had been left unlocked.

The investigation was first reported by celebrity website TMZ.

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3 life

Get fit

There are some things you can do to minimize your risk of developing breast cancer. Of course, some factors you cannot change, such as your age, your family history, and your reproductive history. Here are factors you can do something about:

- Lost excess weight
- Quit smoking
- Exercise regularly
- Limit your alcohol intake
- Breastfeed your baby
- Avoid unnecessary exposure to chemicals.

CELIA MILNE

Hospital report: progress in reducing death rates, some surgeries unneeded

ISTOCK PHOTO

▶ Experts suggest that one reason why women don't get mammograms more often is that they are confused about the procedure.

What's the harm?

Statistics in Canada and the U.S. suggest women should be going in for free mammograms more often ◐ Experts looking at why they choose not to ◐ Read on for why you should get one

CELIA MILNE
LIFE@METRONEWS.CA

Women are not going for "free" mammograms as often as they should – and could – be.

A new study in the U.S. has found only 50 to 60 per cent of women who should be going for regular mammography tests actually do.

And cost certainly is not the issue: All of the 1.5 million women in the study had health insurance, and here in Canada, it's covered.

Mammography as recommended "can reduce your risk of dying from breast cancer," says Dr. Gillian Bromfield, senior manager of cancer control policy at the Canadian Cancer Society.

The Society recommends all women between the ages of 50 and 69 get regular mammograms once every two years.

ISTOCK PHOTO

▶ By quitting smoking, you drastically cut your risk of getting cancer.

So how does Canada compare with the U.S?

When surveyed, 72 per cent of Canadian women in this age group say they are getting them done.

"That is pretty good," says Bromfield, though she added, "It might not be quite that high. Women are more likely to give the expected answer, or they don't realize it's been more than a couple of years since their last mammogram."

Ideally, she says, all women should follow the recommendations.

If you are in your 40s, it is recommended that you talk to your doctor about your benefits and risks of mammography.

Statistics

Breast cancer by numbers

- Number of women in Canada expected to develop breast cancer this year: 23,200
- Number of men in Canada expected to develop breast cancer this year: 180
- Percentage of women with breast cancer who survive more than five years: 87
- Number of deaths from breast cancer expected this year: 5,300

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that."
DR. GILLIAN BROMFIELD, CANADIAN CANCER SOCIETY

If you decide to get mammography, there is some evidence you should get it done annually, says Bromfield.

In any age group, if a doctor refers you for a mammogram because of symptoms or a family history, the public health system covers the cost.

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that," says Bromfield.

In the U.S. study, authors said that reasons for the lower than expected rates might be fear of the procedure and confusion about guidelines.

Fight the holiday hangover

Our experts tell you how to enjoy overindulging while remaining clean and clear Step one is to enjoy the party, with some preparation beforehand Afterward, prepare to detox and keep fit for the rest of the break

Meet the experts, here to help like healthy, fitness-obsessed elves.
CL and JB: Carlos Leon and Jeff Bell, founders of the Belleon training program
RB: Ramona Braganza, celebrity fitness trainer
TA: Tracy Anderson, celebrity fitness trainer
CA: Christina Agnew, nutritionist and founder of rawfairies.com
MK: Michele Kingston, nutritionist

PARTY TIME

- Having a nap before going out is a good slimming tip — we tend to eat more when we're tired. **CA**
- Alternate each alcoholic drink with a glass of mineral water topped with fresh lime to limit your alcoholic intake and stay hydrated. **CA**
- Munch on raw vegetable crudités but go easy on the dips, where the calories hide. Chew your food thoroughly and slowly to avoid overeating. **CA**
- To drop a size in record time, can be done simply by eating clean foods, whole foods, raw and organic foods, and by creating a work-out that gives you maximum results in the shortest amount of time. Be sure to find out what whole body exercises will move you toward your goal. The other thing is to just get up and do it! **CL & JB**

FIGHT THE FLU

- Boost your immune system by eating fruit and vegetables rich in vitamin C and bioflavonoids such as berries, peppers and guava. **MK**
- Eat garlic and onions for their antibacterial and antiseptic properties. **MK**

- Exercise works your cardiovascular and builds your immune system. It strengthens and helps to fight off bacteria and infection easier. **CL & JB**
- Avoid foods containing sugar and refined carbohydrates as they weaken the immune system. **MK**

FLICKR CC JCOLMAN

KEEP FIT

- A slow walk will aid digestion, so get up and go for a stroll after lunch. **RB**
- Stretch your brain in a game of Scrabble or watch a fun Christmas film. If you want a nap after dinner sleep in an upright chair rather than lying flat as this could cause indigestion. **MK**
- To keep your energy up, avoid starchy, sugary foods or keep them to a minimum. **CL & JB**

DETOXING

- Sip dandelion root tea throughout the day and stay away from coffee and black tea, as these cause dehydration. **MK**
- Drink a mug of fennel tea before going out. It's an appetite suppressant. **RB**
- If you grab a square of chocolate (sugar), grab a handful of nuts (protein) to fill you up and balance blood sugar. **MK**

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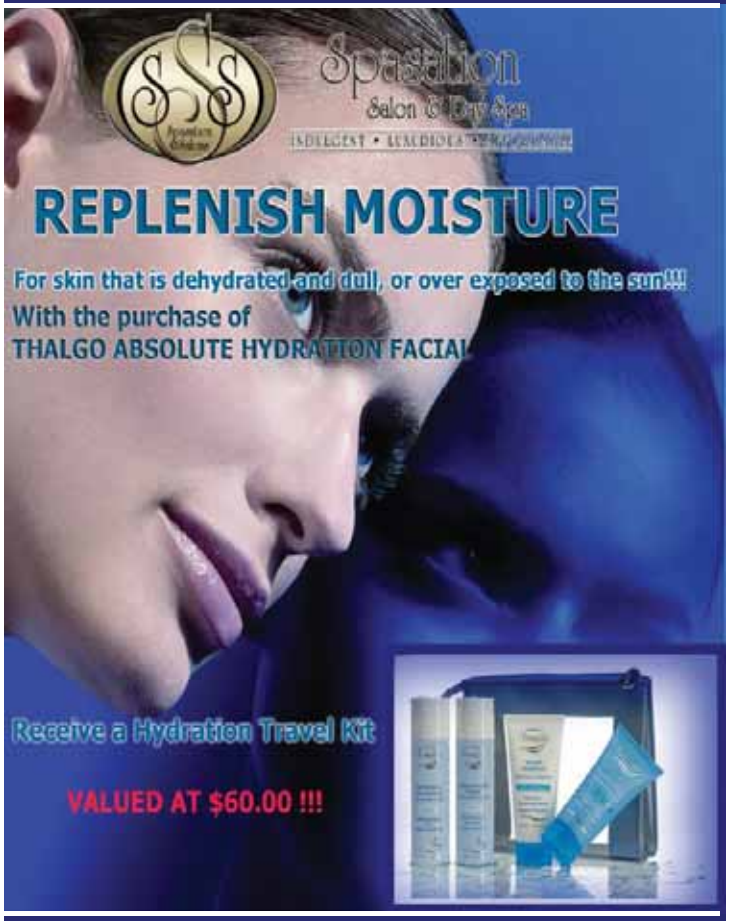
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Ultimate Christmas workout

Hey fatty. Yeah you, Mr. Claus. If you are visiting family and unable to get to the gym over the festive period, make sure you still get out of the house for regular walk or runs and try including the following full-body workout.

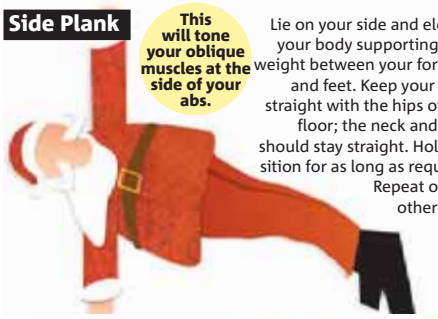
Warm up by walking or jogging on the spot and then perform each exercise for 30 seconds in a circuit style format for three to five times depending upon your fitness levels with a two minute rest between each circuit. Make sure you stretch afterward to help your recovery.

TEXT: MATT ROBERTS
PERSONAL TRAINER TO THE STARS

Press Ups

Set up on a mat face down with your hands in line with your shoulders and your feet hip-width apart on your toes. Keeping the hips elevated and bracing the abdomen, slowly lower your body ensuring that the elbows are kept tucked in. Once you have reached your maximum range of motion drive back up to starting position with a faster tempo.

Side Plank



Lie on your side and elevate your body supporting your weight between your forearm and feet. Keep your body straight with the hips off the floor; the neck and back should stay straight. Hold position for as long as required. Repeat on the other side.

Plank

Lie face down with your elbows on the ground; elevate your body up, keeping your weight distributed between your forearms and feet. Your elbows should be bent at a 90-degree angle. Keep your back straight with the hips raised off the floor. Squeeze the torso tight ensuring the body is parallel to the floor. Hold this position for as long as required.

Dead Bugs

Lie with your back on the floor and position yourself with legs bent at the hips and knees. The movement involves opposite motion—keep one leg bent while the opposite leg is extended. Alternate between both sides.

Sumo Squat

Keep your head up and your back straight with your feet about 30 inches apart. Point your toes and knees a little outwards. Squat until your upper thighs are parallel to the floor. Slowly return to the starting position

Walking Lunge

Step forward and bend the front and back legs to ninety degrees, shift your weight forward maintaining a straight back and step through with the other leg again bending the front and back knees to ninety degrees. Continue this moving walking motion moving the lunge forward for the set number of repetitions.

ILLUSTRATIONS: MIA KORAB

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Satay the calories out of hors d'oeuvres

This holiday season, skip the fat & sodium for these healthy choices

ROSE REISMAN
LIFE@METRONEWS.CA

Beef Hoisin Meatballs

These are perfect hors d'oeuvre for a dinner party. Meatballs are usually made from regular ground meat, which has three times the fat and calories of extra-lean. My version compensates for the fat with a hoisin sauce. The red currant jelly adds a tart-sweet flavour

Ingredients:

- 8 oz extra-lean ground beef
- 3 tbsp dry breadcrumbs
- 2 tbsp hoisin sauce
- 1 tsp crushed garlic
- 1 egg
- 2 tbsp minced green onion
- 1/3 cup hoisin sauce
- 1/3 cup red currant jelly
- 1 tsp crushed garlic
- ½ tsp minced fresh ginger
- 2 tbsp water
- tbsp chopped green onion
- 2 tbsp chopped fresh cilantro or parsley

Preparation:

1. For the meatballs, combine the beef, breadcrumbs, hoisin sauce, garlic, egg and onion. Form into 20 to 24 small meatballs about 1 inch in diameter.
2. Spray a large non-stick skillet with cooking oil and add the meatballs. Cook over medium-high heat for 3 minutes, turning until browned on all sides.
3. For the sauce, combine the hoisin sauce, jelly, garlic, ginger and water in a small bowl.
4. Add to the meatballs and stir well. Cover and simmer on low heat for 10 minutes. Serve garnished with the green onions and cilantro.

Per serving: Calories 150 • Protein 8.1 g • Carbohydrates 19.2 g • fibre 0.6 g • Total fat 4.2 g • Saturated fat 1.5 g • Cholesterol 52 mg • Sodium 321 mg • prep time 15 minutes • cook time 13 minutes

Shrimp Skewers with Hoisin-Apricot Sauce

The combination of shrimp, hoisin and apricot flavours is wonderful. This would also be delicious with scallops or thin strips of boneless chicken breasts

Preparation:

1. Threat shrimp on skewers.
2. Combine the apricot jam, oyster and hoisin sauce in a small bowl. Set aside half of the sauce. Brush the other half over the shrimp.
3. In a grill pan or a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve with the remaining sauce and garnish with basil.

Per serving (1 skewer): Calories 35 • Protein 4 g • Carbohydrates 5 g • fibre 0.1 g • Total fat 0.3 g • Saturated fat 0.1 g • Cholesterol 32 mg • Sodium 94 mg • prep time 15 minutes • cook time 5 minutes

Ingredients:

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil

Chicken satays with peanut coconut sauce

These satays can be served as an appetizer or a main course. Use natural peanut butter to avoid trans fats and sugar. Light coconut milk is also available.

Ingredients:

- 12 oz skinless boneless chicken breasts (about 3 breasts)
- 18 wooden skewers (about 6 inches long)

Sauce

- 1/4 cup light coconut milk
- 2 tbsp natural peanut butter
- 2 tsp low-sodium soy sauce
- 2 tsp sesame oil
- 2 tsp rice vinegar
- 1 tsp honey
- 1 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/2 tsp hot chili sauce

Garnish

- 3 tsbp chopped cilantro; 1 tsp sesame seeds

Preparation:

1. Cut the chicken into strips about 4 inches long and 2 inches wide. Thread the strips of chicken onto the skewers.
2. In a bowl whisk coconut milk, peanut butter, soy sauce, sesame oil, rice vinegar, honey, garlic, ginger and chili sauce. Reserve half of the sauce; brush the other half over the chicken.
3. In a nonstick skillet cook the chicken for 5 minutes or just until no longer pink. Serve with the remaining sauce and garnish with cilantro and sesame seeds.

Per serving (1 skewer): Calories 42 • Protein 4 g • Carbohydrates 1 g • fibre 0.1 g • Total fat 2.2 g • Saturated fat 0.3 g • Cholesterol 10 mg • Sodium 34 mg • prep time 15 minutes • cook time 5 minutes

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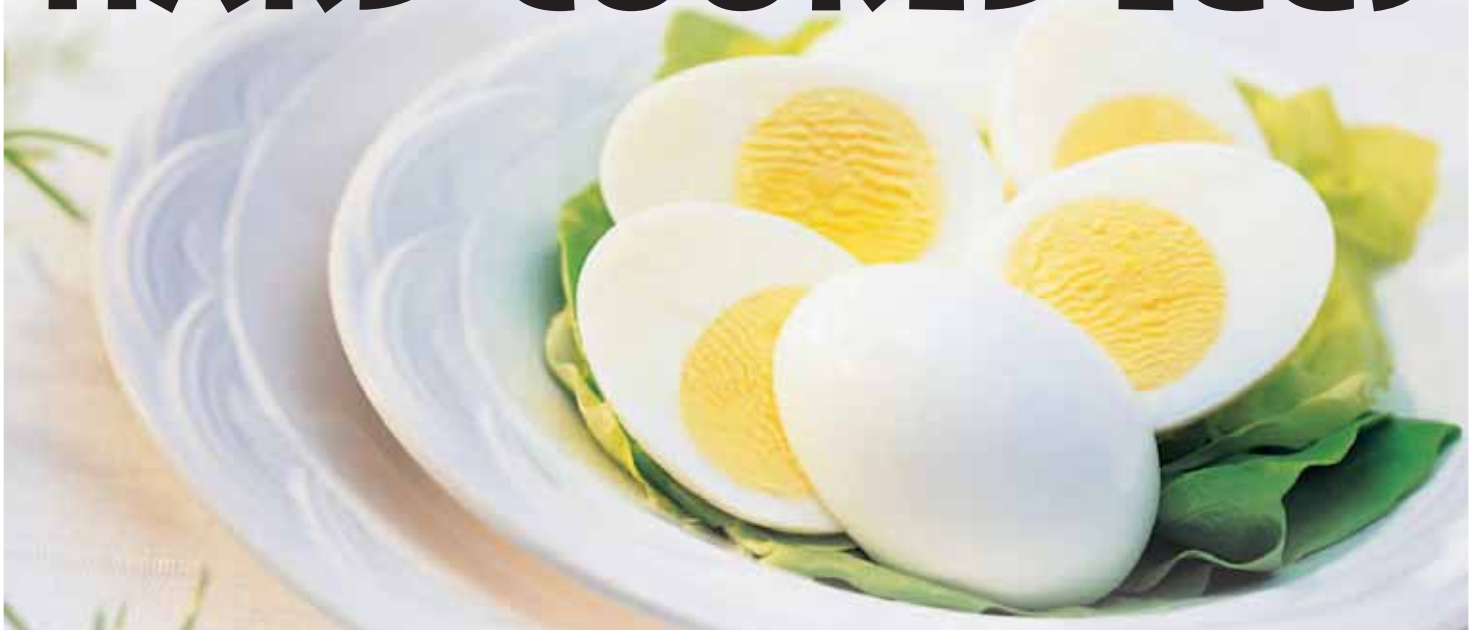

EASY

1. Place eggs in a single layer in saucepan
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5. Run cold water over eggs until cooled

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Make up a batch or two of these moist, spicy scones for holiday guests.

They are delicious served with honey, cream cheese or a slather of creamy maple butter along with a mug of hot cider.

Spicy apple scones

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 500 ml (2 cups) all-purpose flour
- 50 ml (1/4 cup) granulated sugar
- 30 ml (2 tbsp) baking powder
- 5 ml (1 tsp) cinnamon
- 1 ml (1/4 tsp) salt
- 125 ml (1/2 cup) cold butter, cut into pieces
- 550 ml (2 1/4 cups) diced apples, peeled if desired (3 medium McIntosh or Cortland apples)
- 125 ml (1/2 cup) chopped walnuts
- 175 ml (3/4 cup) sour cream
- 1 egg

Topping
- 15 ml (1 tbsp) granulated sugar
- 2 ml (1/2 tsp) cinnamon

Preparation:

1. In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Cut in butter with pastry blender or 2 knives until mixture is crumbly. Stir in apples and walnuts.
2. In a small bowl, using a fork, stir sour cream and egg until well mixed. Stir into flour mixture to form smooth, soft dough. Turn out onto lightly floured surface; knead 8 times. Shape into 23-cm (9-inch) circle.
3. **Topping**: In cup, mix sugar with cinnamon; sprinkle evenly on top. Cut into 12 equal wedges. Arrange wedges 2.5 cm (1 inch) apart on parchment paper-lined or lightly greased baking sheet.
4. Bake in a 200 C (400 F) oven for 20 to 25 minutes or until puffed and golden brown. Serve warm. The recipe makes 12 spicy apple scones.

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FOR THE LOVE OF BIKES

Names: Shannon, 25, and Andy, 38

Current city: Toronto

Together since: 2009

Their story:

▶ Shannon and Andy

"Andy and I (Shannon) met when I started a new job at a medical office — he was the Purolator guy...

One day, Andy came into the office with a package I was expecting — I had ordered something from a motorcycle shop.

Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations became more frequent.

Andy would even stop into the office empty–handed just for a quick chat. About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont.

It was there—36 minutes into our first date — that I knew he was "the one". I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to marry me.

After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto."

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WHEN TASTE BUDS DON'T MATCH WITH YOUR LOVER

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

I'm an adventurous foodie, but my partner's taste buds are limited to boiled chicken and root veggies, and she refuses to experiment. I'm worried my flavour centres are going to turn as bland as the food on her plate. What can I do?

Derek says...

She sounds boring. I feel for you.

But in the event that you are actually in love and in this for the long haul, try finding restaurants where you can order an interesting item from the menu, while she eats a bowl buttered pasta or a piece of bread.

Once in a while, sneak away for a dinner safari with like-minded friends. If you teach her how to cook, she might be willing to experiment and expand her palate. Good luck.

Angela says ...

We have a friend who doesn't have an adventurous wish bone in him.

When his wife craves sushi, he tags along, and drinks a beer while she noshes on her tuna rolls. Then they go get him a burger and fries. Personally, I could never survive that kind of relationship — trying new foods is fun to do together — but hey, if it works for you then who am I to judge?

This is one of those situations where you will both need to learn how to compromise.

Take turns giving in to each other's food choices. I suspect after a while, she'll come around. Because who can resist a tasty chicken tikka masala?

FLICKR: THE CULINARY GEEK

▶ Chicken tikka masala?

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Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

INVEST IN OTHERS, REAP THE BENEFITS

Charitable giving has become an essential piece of a financial plan. Studies have shown that philanthropy is one of the top three characteristics that wealthy people share (the other two are spending wisely and investing for the future). On average, self-made millionaires give away 10 per cent of their earnings.

Giving won't set you back financially. Research shows there's a Return On Investment (ROI) when you invest in your community. Rather than getting a dollar return, which is typical of a financial investment, you benefit through expanded networks, increased sales, leadership opportunities, promotions, marketing, job offers, publicity, and much more.

Additionally, Revenue Canada supports giving and will provide an attractive tax credit.

It can be hard to find extra dollars to give. It's hard enough trying to save 10 per cent into your RRSP and pay off debt.

But, giving doesn't just happen. You have to plan to make it happen.

Philanthropy helps to build safe, healthy, growing communities, and giving goes beyond donating money. Charities require volunteers to deliver programs and fundraise and they need strategic direction from board and committee members.

Get involved! First, do some soul searching to determine the causes that are meaningful to you. Has your family been impacted by a particular illness? Do you love the arts? Do children's sports camps make your heart melt?

Next, research the organizations you're passionate about. If you're stumped, visit sites like canadahelps.org, imaginecanada.ca or your local volunteer and community foundations. Try to pick one or two organizations to make your charity of choice.

Find out what the organization needs (usually money and volunteers) and how you can give.

Get to know them by volunteering your time and skills. If you're a web designer, spice up their website. If you're a banker, run a financial training program.

When you're ready, contribute financially to your charity of choice. From a budgeting perspective, it's helpful to contribute regularly on payday. Then, aim to grow your giving annually; e.g. $50 to $75 per month. There are two approaches to donations: either give small amounts to many charities – $20 here, $50 there, or, give to fewer charities, but in greater amounts – $1,000 to one or two organizations. More dollars to fewer organizations can have a greater impact.

Check whether your employer or professional association will match your donation or give you time off for volunteering.

Whatever your motivation is for giving, when you contribute your time, talent and money it demonstrates leadership, and people pay attention to that.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Splurge on your soul

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

The holiday season is a tough time for many Canadians. The majority of us (60 per cent) live pay cheque to pay cheque as we shoulder heavier debt loads. Just meeting the minimum of holiday expectations stretches some of us to the brink.

My prescription for such woes is to focus on feeding your soul. It doesn't involve much time or money but I guarantee it will help shed your financial woes and give you a dose of feel good at the same time.

Call up a family member or friend you haven't spoken to for ages.

I grew up in a time when calling long distance was either an occasion or meant bad news. At Christmas we'd huddle around the phone for a few quick words with relatives across the continent. Now long distance rates are so cheap there's no excuse not to call. And if it is long overdue you'll spread considerable joy.

Visit a shut in

It's a lonely time of year for many seniors in retirement facilities and nursing homes. Those who don't see well enough to read would welcome hearing you read aloud a favourite book. Others might enjoy a drive to see Christmas lights.

Take part

In every city, town and village in the country there are pageants, parades, ceremonies and caroling. Most of them are free. Get out and enjoy yourself!

► Understanding the Income Tax Act can greatly benefit a home business owner at tax time.

The tax ins and outs of the at-home office

Did you know that the Income Tax Act limits the circumstances under which a self-employed individual can deduct the costs related to a workspace in the home? They are confined to situations where the space is used exclusively to earn income from a business and on a regular and continuous basis for meeting clients, customers or patients; or if it is the individual's principal place of business.

This claim may be based on the proportionate space within the home that is used as a workplace. Eligible expenses include rent, mortgage interest, realty taxes, insurance, utilities and maintenance. It is generally not advisable to claim capital-cost allowance (CCA) on a portion of the home because that portion would then not qualify for the principal residence exemption when it is ultimately sold.

Similarly, claiming 50 per cent or more business use of the home or making major structural alterations to adapt it to business use will trigger a "change in use," resulting in loss of the principal residence exemption.

The amount a taxpayer can claim is limited to his or her business income before deductions for home workspace. Any unused amount may then be carried forward and claimed in the subsequent year against related business income. To the extent that unused amounts cannot be claimed in the following year, they can be carried forward indefinitely to be claimed at the first available opportunity.

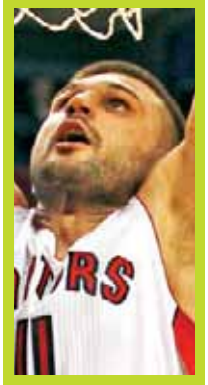
NEWS CANADA

B&B tax bonus

- A bed-and-breakfast enterprise may also qualify as workspace in the home, provided the guest rooms are located inside the owner's home and not in a separate dwelling. Calculate the percentage of space that is designated exclusively for guests, as well for joint-use of owner and guests, in order to determine a realistic apportionment of expenses that can be deducted for business purposes.
- Don't forget to include business storage space in the basement and elsewhere, when determining the proportion of your home used for commercial purposes.

4 sports

Quoted



"He's a very good point guard to get everybody involved, get the team going. He's not necessarily the flashy one who's trying to go out there and score but he just runs the team well, he knows how to pass the ball very well and when he's on the court, he makes a big difference."

TORONTO RAPTOR LINAS KLEIZA, ON TEAMMATE JOSE CALDERON. IN THE TWO GAMES SINCE CALDERON RETURNED TO THE RAPTORS' LINEUP, KLEIZA HAS 26 POINTS AND 11 REBOUNDS.

Scan code for sports

ANDY KING/THE ASSOCIATED PRESS

▶ Chicago's Brian Urlacher looks down as Minnesota Vikings quarterback Brett Favre lays on the ground after being hit.

Unhappy return

Favre exits first game back as starter with another injury ◐ Bears win NFC North title

40	14
BEARS	VIKINGS

Brett Favre was bundled up in a heavy grey coat by the time Devin Hester sped through the snow with his record-setting return.

Favre's surprise start ended with another injury, perhaps putting him out for good, and the game ended with an NFC North title for the Chicago Bears.

Hester set the NFL record with his 14th kick return touchdown, running back a punt 64 yards for a score shortly after halftime to help the Bears fly past the Minnesota Vikings 40-14 on a frosty, hard-hitting Monday night.

Jay Cutler threw three touchdown passes for the Bears (10-4), who last won this division during their 2006 Super Bowl season. Hester caught one of those scoring tosses and also took back the second-half kickoff 79 yards to set up a field goal a few minutes before his game-breaking punt return made it 27-7.

That was Hester's 14th career return touchdown, kickoff or punt, breaking Brian Mitchell's previous mark.

Favre finished 5 for 7 for 63 yards, and the Vikings (5-9) fell apart in front of their proud alumni in town for the franchise's 50th-anniversary celebration featuring all kinds of blasts from the past.

With the Metrodome unusable because of a roof collapse, the game got moved to the University of Minnesota. TCF Bank Stadium was about 80 per cent full, with snowballs flying from the seats and plenty of frolicking in the flakes.

Former Vikings coach Bud Grant jogged around the field at halftime in a short-sleeve purple shirt, getting carried off by some of his former players after an inspired ceremony.

Favre wasn't even supposed to play. His sprained throwing shoulder hurt too much for him to practise this week, and his NFL-record starts streak of 297 regular-season games was already over after sitting out the previous week.

THE ASSOCIATED PRESS

TFC, Whitecaps will meet in Vancouver's MLS debut

Having Toronto FC come to town for the Vancouver Whitecaps debut match is the perfect recipe for the team to kick off its inaugural Major League Soccer season, says team president Bob Lenarduzzi.

"It's a fantastic thing," a beaming Lenarduzzi said yesterday. "It just has all the right ingredients."

Home opener

▶ Toronto will play its home opener March 26 against the expansion Portland Timbers.

The Whitecaps and Toronto will play the first MLS match between Canadian teams March 19 at Empire Field, the league announced. The 2011 MLS season will open March 15 with the Seattle Sounders hosting the Los Angeles Galaxy. THE CANADIAN PRESS

out up to six weeks

Milwaukee Bucks point guard Brandon Jennings will miss four to six weeks as he recovers from surgery to repair a fracture in his left foot.

General manager John Hammond said yesterday that the 21-year-old Jennings was examined after Saturday's 95-86 loss to Utah.

Jennings broke the long bone on the outside of his left foot that connects to the little toe.

He had started every game since being picked 10th overall in 2009.

THE ASSOCIATED PRESS